



NEWS RELEASE

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Rep. Heather Carter (R-Dist. 15)

FOR IMMEDIATE RELEASE

REPRESENTATIVE HEATHER CARTER INTRODUCES LEGISLATION TO CREATE CONCUSSION AWARENESS DAY

STATE CAPITOL, PHOENIX (January 27, 2015) – In an effort to shine a light on the dangers of concussions received through sports, Representative Heather Carter has introduced legislation (HCR2017) proclaiming August 20, 2015 as Concussion Awareness Day. The date was chosen to coincide with the beginning of the school year when student athletes are just beginning a new year of sports and activities.

A concussion is a type of traumatic brain injury that alters the way the brain normally works. They are caused when a bump, blow, or jolt to the head or body makes the head and brain move rapidly back and forth. According to the Arizona Department of Health Services more than 35,000 adults and children visit Arizona emergency rooms each year for brain injuries, including concussions. The majority of these visits are caused by unintentional accidents such as a fall, collision, or sports injury. Concussions can result in death or long-term neurological impairment and affect at least 10 percent of young athletes in Arizona each year.

“Over the past few years, we have been working to make Arizona kids safer as they participate in youth sports by providing education and awareness training relating to concussions to parents, coaches and athletes,” said Representative Heather Carter. “There is still more work to be done, but by recognizing an official awareness day, we can continue to bring attention to this very important issue.”

“Concussion is a major public health concern. Millions of youth athletes are at risk and a large number of concussions go undetected,” said Dr. David Dodick, Director of the Sport Neurology and Concussion Program at some place. “Most of these accidents are predictable and preventable. Simply being aware is the first step to prevention.”

The House Concurrent Resolution will be heard in today’s 2 PM Committee on Health at the Arizona House of Representatives. Several medical professionals from organizations such as St. Joseph’s Hospital, Barrow Concussion Network, and Mayo Clinic will be providing presentations around the importance of awareness and further efforts to stop sports-related concussions in children. The full list of presenters can be seen [here](#).

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